

- **What is the FAST Manatees Swim Team? How is it different from the FAST Falcons?**

The FAST Manatees Swim Team is a summer recreational swim league offered by the FAST Falcons in Ocala. The goal of the Manatees Swim Team is to develop swimming skills, promote individual improvement, provide an enjoyable and rewarding experience, develop good sportsmanship, respect, teamwork, and most importantly, HAVE FUN!

The manatees team is open to anyone ages 6-18 who can swim 25 yards unassisted regardless of past swimming experience. Swimmers will participate in 3 practices and 1 swim meet each week over the 4-week season. At the end of the season, all manatee swimmers will be eligible to join the FAST Falcons Swim Team and will receive one free week in June. The FAST Falcons are FAST's year-round competitive swim team that is affiliated with USA Swimming.

- **What Is Summer League Swimming?**

At many levels, swimming can be an intimidating sport to outsiders - Summer League Swimming is a perfect entry point to the sport for kids who still want to be kids. It's a lower-pressure, less-demanding arena where young swimmers can experience all that the sport has to offer while still being able to participate in all the other joys and activities of summer.

When swimmers participate in summer league, it is also the perfect introduction for families who want to get to know the sport of competitive swimming before jumping all the way into the deep end.

- **What are the registration fees?**

The 2024 registration fee is \$115 if you register before May 1st. From May 2nd - May 24th the registration fee will be \$135. Registration includes team swim cap, t-shirt, and swim meet fees

- **Who will be coaching the Manatees?**

The manatees will be coached by experienced coaches and swimmers from the FAST Falcons Swim Team. All coaches will have active lifeguard and CPR certifications.

- **What is the age requirement to participate?**

Swimmers must be at least 6 years old by May 28th, 2024, which is the first day of the Manatees swim season. No exceptions.

- **What skill level is required of new swimmers?**

All swimmers must be able to swim the length of the pool, 25 yards, without touching the bottom or the side. Technique and stroke do not matter here, all we are looking for is that the swimmer can get from one side of the pool to the other without assistance.

- **What equipment are swimmers required to have?**

All Swimmers must have a one piece bathing suit. No cut offs or two pieces. Swimmers are encouraged to have a pair of goggles and a swim cap.

- **How do we purchase the swim gear and suits?**

A team swim cap and shirt are included in the price of registration. Swimmers will need to provide their own swimsuit and goggles. These can also be purchased at the front desk / pro shop in the lobby at FAST.

- **How are the teams divided?**

The Manatees are composed of 4 teams: Orange Manatees, Yellow Manatees, Green Manatees, Purple Manatees. The Head Coach divides the swimmers into 4 teams based on age and gender, not ability. For example, all 7-year old boys are divided equally among the 4 teams.

- **When do the swim meets take place?**

The swim meets take place on Thursdays. Warmups will begin at 5:00 and the meet will start at 5:45.

- **Will I be required to volunteer at the meets?**

Yes, parent volunteers are required to run the meets. There are lots of ways to help at the meets including set up/tear down, timing, gathering swimmers. A Sign-Up Genius email will be sent the week before each meet to allow you to sign up for a volunteer position.

- **I see that my child's age group is scheduled to practice every day of the week. Is there an attendance requirement?**

There is not an attendance requirement. However, the best way for swimmers to improve and have fun is to attend practice.

- **How can I watch practice if I am not allowed on deck?**

For safety, security and insurance reasons, only Manatee Coaches and Swimmers are allowed on the pool deck. Parents are allowed to watch practice from the stands but may not interfere with practice in any way. Do not talk to swimmers or coaches during practices.